## **CLAIMS**

What is claimed is:

- A method of forming a powder metal material, the method comprising:
   compressing at least a portion of an iron-containing metallurgical
   powder in a die at no greater than 20 tsi to provide a green compact,
   wherein the metallurgical powder comprises sponge iron; and
   sintering the compact.
- 2. The method of claim 1, wherein the sponge iron includes substantially all of the iron in the metallurgical powder.
- The method of claim 1, wherein the metallurgical powder comprises at least
   up to 50 weight percent sponge iron.
- 4. The method of claim 1, wherein the metallurgical powder further comprises at least one of a pure atomized iron powder and an atomized iron-containing powder.
- 5. The method of any of claims 1 and 4, wherein sintering the green compact comprises induction sintering the green compact.

- 6. The method of claim 1, wherein the metallurgical powder further comprises no more than 0.3 weight percent of internal lubricant.
- 7. The method of claim 1, wherein compressing at least a portion of the metallurgical powder comprises compressing at least a portion of the metallurgical powder in a self-lubricating die.
- 8. The method of claim 1, wherein compressing the metallurgical powder comprises compressing the metallurgical powder at a pressure in the range of 5 tsi up to 20 tsi.
- 9. The method of claim 1, wherein the green compact has a green strength of at least 1000 psi.
- 10. The method of claim 1, wherein the green compact has a density of at least4.0 g/cc.
- 11. The method of claim 1, further comprising:hot forming the sintered compact.
- 12. The method of claim 1, wherein the metallurgical powder optionally includes at least one of:

up to 3 weight percent graphite;

up to 12 weight percent nickel;
up to 3 weight percent molybdenum;
up to 10 weight percent copper;
up to 2 weight percent manganese;
up to 20 weight percent chromium; and
up to 0.3 weight percent internal lubricant.

13. A method of forming a powder metal material, the method comprising: compressing at least a portion of an iron-containing metallurgical powder in a die to provide a green compact, wherein the metallurgical powder comprises sponge iron and at least one of an atomized iron powder and an atomized iron-containing powder; sintering the compact.

- 14. The method of claim 13, wherein the metallurgical powder comprises at least 10 up to 50 weight percent of the sponge iron.
- 15. The method of any of claim 13, wherein sintering the green compact comprises induction sintering the green compact.
- 16. The method of claim 13, wherein the metallurgical powder further comprises up to about 0.3 weight percent of internal lubricant.

- 17. The method of claim 13, wherein compressing at least a portion of the metallurgical powder comprises compressing at least a portion of the metallurgical powder in a self-lubricating die.
- 18. The method of claim 13, wherein compressing the metallurgical powder comprises compressing the metallurgical powder at a pressure no greater than 20 tsi.
- 19. The method of claim 13, wherein the green compact has a green strength of at least 1000 psi.
- 20. The method of claim 13, wherein the green compact has a density of at least 4.0 g/cc.
- 21. The method of claim 1, further comprising: hot forming the sintered compact.
- 22. A powder metal material formed by a method comprising:

compressing at least a portion of an iron-containing metallurgical powder in a die at no greater than 20 tsi to provide a green compact, wherein the metallurgical powder comprises sponge iron; and sintering the compact.

- 23. The powder metal material of claim 22, wherein the sponge iron includes substantially all of the iron in the metallurgical powder.
- 24. The powder metal material of claim 22, wherein the metallurgical powder comprises at least 10 up to 50 weight percent of the sponge iron.
- 25. The powder metal material of claim 22, wherein the metallurgical powder further comprises at least one of a pure atomized iron powder and an atomized iron-containing powder.
- 26. The powder metal material of claim 22, wherein sintering the green compact comprises induction sintering the green compact.
- 27. The powder metal material of claim 22, wherein the metallurgical powder further comprises no more than 0.3 weight percent of internal lubricant.
- 28. The powder metal material of claim 22, wherein compressing at least a portion of the metallurgical powder comprises compressing at least a portion of the metallurgical powder in a self-lubricating die.
- 29. The powder metal material of claim 22, wherein compressing the metallurgical powder comprises compressing the metallurgical powder at a pressure in the range of 5 tsi up to 20 tsi.

- 30. The powder metal material of claim 22, wherein the green compact has a green strength of at least 1000 psi.
- 31. The powder metal material of claim 22, further comprising: hot forming the sintered compact.
- 32. A powder metal material formed by a method comprising: compressing at least a portion of an iron-containing metallurgical powder in a die to provide a green compact, wherein the metallurgical powder comprises sponge iron and at least one of an atomized iron powder and an atomized iron-containing; and sintering the compact.
- 33. The powder metal material of claim 32, wherein the sponge iron includes substantially all of the iron in the metallurgical powder.
- 34. The powder metal material of claim 32, wherein the metallurgical powder comprises at least 10 up to 50 weight percent of the sponge iron.
- 35. The powder metal material of claim 32, wherein the metallurgical powder further comprises at least one of a pure atomized iron powder and an atomized iron-containing powder.

- 36. The powder metal material of claim 32, wherein sintering the green compact comprises induction sintering the green compact.
- 37. The powder metal material of claim 32, wherein the metallurgical powder further comprises no more than 0.3 weight percent of internal lubricant.
- 38. The powder metal material of claim 32, wherein compressing at least a portion of the metallurgical powder comprises compressing at least a portion of the metallurgical powder in a self-lubricating die.
- 39. The powder metal material of claim 32, wherein compressing the metallurgical powder comprises compressing the metallurgical powder at a pressure in the range of 5 tsi up to 20 tsi.
- 40. The powder metal material of claim 32, wherein the green compact has a green strength of at least 1000 psi.
- 41. The powder metal material of claim 32, further comprising: hot forming the sintered compact.
- 42. An article of manufacture comprising the material of any of claims 22 and 32.

43. The article of manufacture of claim 42, wherein the article is one of a bearing, a cam, a gear, and a sprocket.